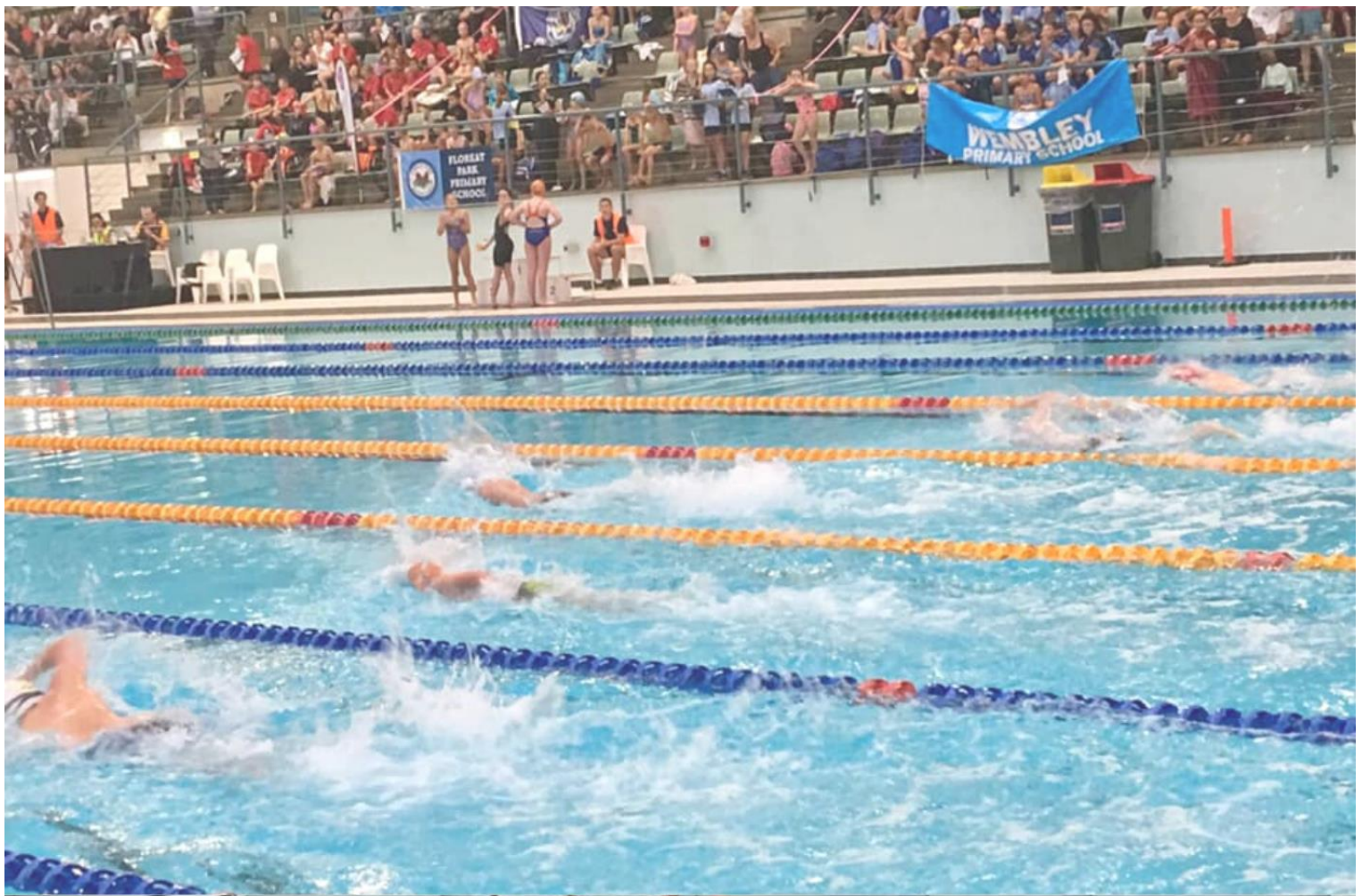




2020

SCHOOL SPORT WA CHAMPION SCHOOLS PRIMARY SWIMMING CARNIVAL

Tuesday 31 March 2020

HBF Stadium, Mt Claremont



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SCHOOL SPORT WA
PRIMARY SWIMMING CARNIVAL
Tuesday 31 MARCH 2020 GOLD (A) & BLACK (B) Divisions
HBF Stadium
9.30 am – 2.20 pm

BACKGROUND

The Primary Schools' Swimming Carnival was re-introduced by School Sport WA in 1988 when six schools competed at Beatty Park. The move to Challenge Stadium (now HBF Stadium) in 1997 enabled schools and participants to utilise the improved technology and in particular the chance to appreciate swimmer times presented on the electronic display board at the conclusion of each race.

We welcome all schools to the competition and wish them every success.

ACKNOWLEDGMENTS

- The assistance of the HBF Stadium staff is gratefully acknowledged.
- Thanks to the School Sport WA office staff who contribute many hours to the preparation and organisation of the carnivals.
- The support of Swimming WA is recognised.
- Any event such as this would not be possible without the support of volunteer officials. Their effort, the work of the dedicated teachers and coordinators in the preparation of the school swim teams is highly commended.

CARNIVAL PROCEDURES

CONDITIONS

1. Schools will provide a **complete team list** of their swimming team on the template which is downloaded from the website and **submit it by email to** school.sport@education.wa.edu.au
2. **The nominations for this carnival will be as a YEAR GROUP and not age based events.** During the event existing records will stand. If an aged based record is broken at the carnival SSWA will seek proof of age prior to the ratification of the record.
All swimmers must have their **Year Group** marked clearly on their **left arm with a permanent felt marker pen** – approx 8cm tall. This will assist marshals in ensuring that swimmers are competing in the correct year group.
3. One representative per school per event.
4. Open events (if any) are available to swimmers of any year. Schools must indicate to the recorders and Chief Marshal that a swimmer is swimming out of year group.
5. Not counting relays, competitors are limited to a maximum of THREE (3) individual events. These can be a combination of year or open events, however swimmers cannot compete in both Division A and B (or C or D) of the same stroke.
6. It is recommended that competitors wear swimming caps, but is not compulsory.
7. No Technical/Performance Race Suits will be allowed as per [Swimming WA Competition Policy \(1st May 2018\)](#). Non-bonded swimwear in a kneesuit (for girls) and jammers (boys) is allowed.
8. Teams will swim in the same lane for each event.
9. **2020 Carnival Divisions**

Schools have been graded in 2020 according to their results in 2019. Some adjustments may be made to cater for nomination variations due to changing schools' status.

GOLD CARNIVAL (A)		BLACK CARNIVAL (B)
Tuesday March 31		
School Name	School Name	Lane
Carine PS	Inglewood PS	2
Manning PS	Sorrento PS	3
Wembley PS	Coolbinia PS	4
Subiaco PS	Mt Lawley PS	5
Floreat PS	South Perth	6
	Como	7

[Note: Lanes are filled in the following order based on finishing position in the previous year. 4, 5, 3, 6, 2, 7, 1, 8. Promoted schools fill lanes 1 and 8 (depending on nominations), demoted schools fill lanes 4 and 5]. Please Note: Lanes remain constant for the carnival duration.

8. Points will be awarded to each competitor/team in all events as follows:

Individual swim events

GOLD A and BLACK A Divisions: 12, 9, 7, 5, 3, 2, 1, 1

GOLD B and BLACK B Divisions: 9, 7, 5, 3, 2, 1, 1, 1

GOLD C and BLACK C Divisions: 7, 5, 3, 2, 1, 1, 1, 1

GOLD D and BLACK D Divisions: 7, 5, 3, 2, 1, 1, 1, 1

Relays: 24, 18, 14, 10, 6, 4, 2, 1

9. We will be using a computerised scoring system. Schools are asked to maintain a careful register of their team.
10. Honour certificates will be awarded to first, second and third placegetters.
11. A Champion School Shield will be awarded to the winning team.
12. A Meritorious Shield is also awarded and is calculated as total number of points achieved for the carnival divided by the school population (Yrs 4 - 6). A school cannot win both the Champion School Shield and the Meritorious Shield at the same carnival. If a school finishes top for both shield calculations the second placed school will be awarded the Meritorious Shield. School population numbers will be taken from the Department of Education school numbers data.
13. Year Group Champions - Points will be allocated to students who compete in A Division events and in other events for which they are eligible by year group i.e. underage or open events if they are included in the program. The points gained will be credited to their year grouping and will be allocated according to the points gained by the school event.

Please note: ONLY A Division swimmers accumulate Championship points

A Division event 12, 9, 7, 5, 3, 2, 1, 1

ADMINISTRATION

- 1 Schools are responsible for their own transport arrangements, general first aid requirements and team organisation. Designated first aid personnel will attend to treat more serious medical situations.
- 2 Schools will be invoiced for the **nomination fee** from School Sport WA.
- 3 Spectators are restricted at HBF Stadium and each school is advised that a maximum group of 100 will be permitted to attend. This includes the swimming team. The pool entry cost is **\$4.50** per student and SSWA will record your swim team numbers on the day and issue an invoice for nomination fee and pool entry.
- 4 Parents' and friends' entry fee is payable at the pool entrance desk.
- 5 Seating arrangements - Using the allocated lane number, schools will be placed in specific seating areas. Please check the map provided.
- 6 School swimmers or spectators are not permitted to leave their allocated area except under the direction of team officials (toilet breaks, compete in events etc).
- 7 Schools to supply copies of the 'Program of Events' for spectators.
- 8 Only competitors may enter the water.
- 9 Carnival officials will be permitted to walk the pool deck. Spectators and competitors are not permitted on the pool deck and must also adhere to instructions given regarding movement to and from events.
- 10 **Officials**
 - This carnival could not operate without considerable support from teacher officials.
 - **Each school must provide carnival officials** (detailed later in this booklet).
 - An outline of the duties for each official is contained in this booklet. Officials will be briefed prior to the carnival.
 - **Officials are not required to pay an entry fee.**
 - All officials to report to the Carnival Manager by 9.00am.
- 11 All participating schools are to provide a mobile phone contact number of a staff member who is attending the event. This is to enable event officials to contact a school staff member for information or in case of emergency.
- 12 Schools are advised that an official photographer may be in attendance to take event photos. Please inform SSWA event officials of any restrictions for photos.

CONDUCT OF EVENTS

- 1 Team Marshals are responsible for ensuring that their swimmers are ready well before the event.
- 2 Team Marshals are to organise their competitors to report to the Chief Marshal at the 50m start area of the pool at least six (6) events prior to their event.
- 3 The Start Marshal sits the competitors behind the appropriate lane (chairs will be provided) and will assist the Chief Marshal as required.
- 4 Prior to the carnival, teachers should instruct their students to the following procedures:

Start Procedure:

Signal from Chief Referee	Swimmer's Action
(a) Whistle blast	Step onto the block, stand steady Listen and relax.

Signal from Starter

(b) "Take your mark"	Move to the normal start position, Wait in a steady position.
(c) Horn	Go!

Finish Procedure:

- (a) Swim hard to the finish and **touch firmly**.
 - (b) Move back from the wall. Do not hang off the wall. **Stay in the allocated lane**. Rest on the lane rope until the judges confirm the correct result. The Referee will signal by whistle for the swimmers to leave the pool.
 - (c) Competitors leave the pool **via the steps**. The first three place getters are to follow an Announcer's Assistant to the presentation dais and wait to be announced. Non-placegetters return to their team assembly area.
- 5 Medley Relay
- The order of strokes for the medley relay is: Backstroke, Breaststroke, Butterfly and Freestyle.

PRESENTATIONS

- After the last event Team Captains and Year Group Champions will gather at the presentation area.
- Team Captains should have their school flag and/or mascot with them for the presentation.
- Competitors and spectators will remain in their allocated school area.

2019 RESULTS

GOLD [A Division]			BLACK [B Division]		
PLACE	SCHOOL	POINTS	PLACE	SCHOOL	POINTS
1	Subiaco	509	1	Manning	403
2	Floreat	467	2	Mt Lawley	362
3	Wembley	361	3	Sorrento	347
4	Carine	336	4	South Perth	344
5	Coolbinia	229	5	Como	331
			6	Inglewood	215

Please be aware that 2018 results may be considered when allocating schools and divisions for the 2019 carnivals.

RESULTS HISTORY

DIVISIONAL WINNERS		
	GOLD DIVISION (A DIV)	BLACK DIVISION (B DIV)
2019	Subiaco PS	Manning PS
2018	Subiaco PS	Coolbinia PS
2017	Floreat PS	Mt Lawley PS
2016	Wembley PS	Coolbinia PS
2015	Wembley PS	Carine PS
2014	Wembley PS	South Perth PS
2013	Floreat PS	Coolbinia PS
2012	Floreat PS	South Perth PS
2011	Subiaco PS	Floreat PS
2010	Wembley PS	Floreat PS
2009	Wembley	South Perth
2008	Floreat Park	Wembley
2007	Carine	Kensington
2006	Carine	South Perth
2005	Sorrento	South Perth
2004	Carine	Mullaloo Beach
2003	Sorrento	Rostrata
2002	Carine	-

MERITORIOUS SHIELD WINNERS		
	GOLD DIVISION (A DIV)	BLACK DIVISION (B DIV)
2019	Floreat PS	South Perth PS
2018	Floreat PS	Como PS
2017	Subiaco PS	Coolbinia PS
2016	Floreat PS	Sorrento PS
2015	Floreat PS	Mt Lawley PS
2014	Floreat PS	Coolbinia PS
2013	Mt Lawley PS	South Perth PS
2012	Mt Lawley PS	Coolbinia PS
2011	Marmion PS	Mt Lawley PS
2010	Subiaco PS	Mt Lawley PS
2009	Floreat Park	Mt Lawley
2008	Floreat Park	Wembley
2007	South Perth	Mullaloo Heights
2005	Marmion	South Perth

2020 PRIMARY SWIMMING CARNIVAL
PROGRAM OF EVENTS & CURRENT RECORD HOLDERS [Updated Jan 30 2020]

			Record Holder	School	Record	Year
50m Freestyle						
9.30	1	Boys Yr 6 BLACK Div D				
9.32	2	Girls Yr 6 BLACK Div D				
9.34	3	Boys Yr 6 GOLD Div D				
9.36	4	Girls Yr 6 GOLD Div D				
9.38	5	Boys Yr 6 BLACK Div C				
9.40	6	Girls Yr 6 BLACK Div C				
9.42	7	Boys Yr 6 GOLD Div C				
9.44	8	Girls Yr 6 GOLD Div C				
9.46	9	Boys Yr 6 BLACK Div B				
9.48	10	Girls Yr 6 BLACK Div B				
9.50	11	Boys Yr 6 GOLD Div B				
9.52	12	Girls Yr 6 GOLD Div B				
9.54	13	Boys Yr 6 BLACK Div A				
9.56	14	Girls Yr 6 BLACK Div A				
9.58	15	Boys Yr 6 GOLD Div A	Jackson Brace	Manning PS	31.62	2017
10.00	16	Girls Yr 6 GOLD Div A	Emily Barwick	Coolbinia PS	31.38	2018
10.02	17	Boys Yr 5 BLACK Div D				
10.04	18	Girls Yr 5 BLACK Div D				
10.06	19	Boys Yr 5 GOLD Div D				
10.08	20	Girls Yr 5 GOLD Div D				
10.10	21	Boys Yr 5 BLACK Div C				
10.12	22	Girls Yr 5 BLACK Div C				
10.14	23	Boys Yr 5 GOLD Div C				
10.16	24	Girls Yr 5 GOLD Div C				
10.18	25	Boys Yr 5 BLACK Div B				
10.20	26	Girls Yr 5 BLACK Div B				
10.22	27	Boys Yr 5 GOLD Div B				
10.24	28	Girls Yr 5 GOLD Div B				
10.26	29	Boys Yr 5 BLACK Div A				
10.28	30	Girls Yr 5 BLACK Div A				
10.30	31	Boys Yr 5 GOLD Div A	Ross Briggs	Connolly	33.84	2003
10.32	32	Girls Yr 5 GOLD Div A	Freya Weston	Sorrento	33.09	2016
10.34	33	Boys Yr 4 & U BLACK Div D				
10.36	34	Girls Yr 4 & U BLACK Div D				
10.38	35	Boys Yr 4 & U GOLD Div D				
10.40	36	Girls Yr 4 & U GOLD Div D				
10.42	37	Boys Yr 4 & U BLACK Div C				
10.44	38	Girls Yr 4 & U BLACK Div C				
10.46	39	Boys Yr 4 & U GOLD Div C				
10.48	40	Girls Yr 4 & U GOLD Div C				
10.50	41	Boys Yr 4 & U BLACK Div B				
10.52	42	Girls Yr 4 & U BLACK Div B				
10.54	43	Boys Yr 4 & U GOLD Div B				
10.56	44	Girls Yr 4 & U GOLD Div B				
10.58	45	Boys Yr 4 & U BLACK Div A				
11.00	46	Girls Yr 4 & U BLACK Div A				
11.02	47	Boys Yr 4 & U GOLD Div A	Mitchal Ainsworth	West Greenwd	35.72	1995
11.04	48	Girls Yr 4 & U GOLD Div A	Crystal Edwards	Carine PS	34.75	2013
50m Breaststroke						
11.06	49	Boys Yr 6 BLACK Div B				
11.08	50	Girls Yr 6 BLACK Div B				
11.10	51	Boys Yr 6 GOLD Div B				
11.12	52	Girls Yr 6 GOLD Div B				
11.14	53	Boys Yr 6 BLACK Div A				
11.16	54	Girls Yr 6 BLACK Div A				
11.18	55	Boys Yr 6 GOLD Div A	Luke Smith	Marmion	42.16	1998
11.20	56	Girls Yr 6 GOLD Div A	Emily Barwick	Coolbinia PS	40.55	2018
11.22	57	Boys Yr 6 BLACK Div B				

11.25	58	Girls Yr 5 BLACK Div B				
11.28	59	Boys Yr 5 GOLD Div B				
11.31	60	Girls Yr 5 GOLD Div B				
11.34	61	Boys Yr 5 BLACK Div A				
11.36	62	Girls Yr 5 BLACK Div A				
11.38	63	Boys Yr 5 GOLD Div A	David Graham	Marmion	46.97	2000
11.40	64	Girls Yr 5 GOLD Div A	Emily Barwick	Coolbinia	43.40	2017
11.42	65	Boys Yr 4 & U BLACK Div B				
11.44	66	Girls Yr 4 & U BLACK Div B				
11.46	67	Boys Yr 4 & U GOLD Div B				
11.48	68	Girls Yr 4 & U GOLD Div B				
11.50	69	Boys Yr 4 & U BLACK Div A				
11.52	70	Girls Yr 4 & U BLACK Div A				
11.54	71	Boys Yr 4 & U GOLD Div A			49.86	1990
11.56	72	Girls Yr 4 & U GOLD Div A	Crystal Edwards	Carine	47.78	2013
4 x 50m Open Medley Relay						
11.58	73	Open Boys BLACK				
12.03	74	Open Girls BLACK				
12.08	75	Open Boys GOLD		Wembley	2.31.16	2014
12.13	76	Open Girls GOLD		Rostrata	2.29.44	2003
50m Backstroke						
12.18	77	Boys Yr 4 & U BLACK Div B				
12.20	78	Girls Yr 4 & U BLACK Div B				
12.22	79	Boys Yr 4 & U GOLD Div B				
12.24	80	Girls Yr 4 & U GOLD Div B				
12.26	81	Boys Yr 4 & U BLACK Div A				
12.28	82	Girls Yr 4 & U BLACK Div A				
12.30	83	Boys Yr 4 & U GOLD Div A	Ross Briggs	Connolly	40.88	2002
12.32	84	Girls Yr 4 & U GOLD Div A	Crystal Edwards	Carine	41.99	2013
12.34	85	Boys Yr 5 BLACK Div B				
12.36	86	Girls Yr 5 BLACK Div B				
12.38	87	Boys Yr 5 GOLD Div B				
12.40	88	Girls Yr 5 GOLD Div B				
12.42	89	Boys Yr 5 BLACK Div A				
12.44	90	Girls Yr 5 BLACK Div A				
12.46	91	Boys Yr 5 GOLD Div A	Ross Briggs	Connolly	38.67	2003
12.48	92	Girls Yr 5 GOLD Div A	Emily Barwick	Coolbinia	40.75	2017
12.50	93	Boys Yr 6 BLACK Div B				
12.52	94	Girls Yr 6 BLACK Div B				
12.54	95	Boys Yr 6 GOLD Div B				
12.56	96	Girls Yr 6 GOLD Div B				
12.58	97	Boys Yr 6 BLACK Div A				
1.00	98	Girls Yr 6 BLACK Div A				
1.02	99	Boys Yr 6 GOLD Div A	Harrison Sartori	Subiaco	37.49	2019
1.04	100	Girls Yr 6 GOLD Div A	Lucy Morrison	Rostrata	37.45	2003
4 x 50 m Freestyle Relay						
1.10	101	Boys Yr 4 & U Relay BLACK		Sorrento Team	2:42.61	2001
1.16	102	Girls Yr 4 & U Relay BLACK		Floreat Team	2:49.52	2019
1.22	103	Boys Yr 4 & U Relay GOLD		Sorrento Team	2:42.61	2001
1.28	104	Girls Yr 4 & U Relay GOLD		Floreat Team	2:49.52	2019
1.34	105	Boys Yr 5 Relay BLACK		Carine Team	2:32.86	2018
1.39	106	Girls Yr 5 Relay BLACK		Floreat Team	2:36.97	2019
1.44	107	Boys Yr 5 Relay GOLD		Carine Team	2:32.86	2018
1.49	108	Girls Yr 5 Relay GOLD		Floreat Team	2:36.97	2019
1.54	109	Boys Yr 6 Relay BLACK		Carine Team	2:21.81	2019
1.58	110	Girls Yr 6 Relay BLACK		Subiaco Team	2:24.38	2019
2.02	111	Boys Yr 6 Relay GOLD		Carine Team	2:21.81	2019
2.06	112	Girls Yr 6 Relay GOLD		Subiaco Team	2:24.38	2019

Presentations aim to finish by 2.30pm Swimmers are restricted to 3 individual swims.

SCHOOL OFFICIAL'S DUTY ALLOCATION

Note: Officials may be teachers or parents.	
CARNIVAL MANAGER	John Lawniczak
REFEREE	(Swim WA)
ASSISTANT REFEREE	Kelvin Browner
CHIEF JUDGE	Peter Merritt Como
ASSISTANT JUDGE x 1	Floreat South Perth
STARTER	Ian Temby
ASSISTANT START MARSHAL	Murray Farr Vicki Delves
CHIEF MARSHAL x 2	Ian McMahon Lorraine Feddema
ANNOUNCER x 1	Graeme Hadley
ANNOUNCERS ASSISTANT x 1	Inglewood PS
WARM UP POOL SUPERVISOR X 2	Manning / Mt Lawley
POOLSIDE RECORDER x 2 Gold Carnival	Wembley / Subiaco
POOLSIDE RECORDER x 2 Black Carnival	Sorrento / Coolbinia
TIMEKEEPERS	SEDA
	SEDA
	SEDA
	SEDA
	SEDA
	SEDA
RESULTS COORDINATION	SF, CH, LM, TW
REFRESHMENT SUPERVISOR x1	Carine PS

These schools are also asked to provide **three student officials** to assist in the following duties:

Duties	
False Start Rope x 2	Floreat / Manning Como / Sth Perth
Assistant Start Marshals x 4	SEDA
Announcer's Assistants x 4	SEDA
Refreshment Assistants x 4	Carine PS
Finish Assistants x 4	SEDA
Poolside Recorder Assistants x 3 Gold Carnival	Wembley / Subiaco
Poolside Recorder Assistants x 3 Black Carnival	Sorrento / Coolbinia
Timekeepers	Inglewood / Mt Lawley

DUTIES OF OFFICIALS

CARNIVAL MANAGER (supplied by School Sport WA)

- * Be responsible for the organisation of the carnival prior to the event and on the day.
- * Check that all officials are present and aware of their duties 20 minutes before carnival is due to commence.

REFEREE (Swimming WA accredited official)

- * Pre-requisite: Must have a thorough knowledge of swimming, swimming laws and carnival procedures.
- * Only the Referee will disqualify competitors for any violation of the rules.
- * Before any disqualification is made, the Referee must be positive that the infringement took place and can explain to the competitor the reason for the disqualification.
- * The Referee should be positioned so as to have an uninterrupted view of the Starter, competitors and the finish.
- * The Referee should signal to the Starter when to start the next event.
- * The Referee should signal the Starter by a whistle blast to start the next event. On this whistle the swimmers stand on the rear of the blocks.
- * Demonstrate false start rope procedure to officials.

CHIEF JUDGE

- * Any discrepancy in judging will be managed and solved by the Chief Judge. The Chief Judge will record all places for each event as the competitors' finish.
- * All decisions of the Chief Judge are final and not subject to protest.
- * Assist as a Relay Steward.

ASSISTANT JUDGES

- * Will be responsible for timing of first and second place for every event. This time will be noted and will be used only if the computer timing fails to function for that event.

STARTER

- * The Starter assumes control of the competitors from the time they step up onto their blocks until after the signal to start has been given.
- * When the whistle is blown by the Referee, the competitors will immediately step up onto their blocks and stand steady.
- * The Starter gives the command "Take Your Marks". All competitors will immediately and without delay assume their starting position.
- * Once all competitors are perfectly still the signal to start is given and the false start rope is raised.
- * If a false start occurs, the pistol or hooter is sounded again to recall competitors.
Second false start: The Starter shall recall the competitors after the SECOND FALSE START and, as a group, inform them that should any competitor be responsible for a further false start, they shall be disqualified.
- * Assist as a Relay Steward

ASSISTANT START MARSHAL

- * Relieve the Starter if necessary.
- * Seat swimmers on the chair behind the appropriate lane.
- * Ensure that all events are run in the correct order.
- * Oversee the marshalling area to ensure that no spectators enter the area.
- * Assist as a Relay Steward.
- * Assist the Chief Marshal as required.

CHIEF MARSHAL

- * Check that the appropriate marshalling sheet is completed and sent to the computer recording room.
- * Ensure that the events are run in the correct order.
- * Assemble students from marshalling area and direct them to the Check Starter.
- * Assist as a Relay Steward.

ASSISTANT CHIEF MARSHALL

- * To assist the Chief Marshall in duties as listed above.

ANNOUNCER

- * The Announcer must be conversant with the arrangements regarding the meet.
- * The person selected to announce should have a voice suitable for microphone work and have clear diction. He/she will make all announcements pertaining to the meet.
- * It is the Announcer's role to inject interest and enthusiasm into the meet with race information.
- * Announce first three placegetters after each race.

ASSISTANT ANNOUNCER

- * To assist the Announcer in duties as listed above.

POOLSIDE RECORDER

- * Record name and school from swimmers against their allocated lane.
- * Send one sheet to the computer room and one sheet to the Announcer as indicated on the recording book.

REFRESHMENT SUPERVISOR

- * Supervise students in preparation and delivery of drinks to staff and student officials.
- * Organise a service to the officials every 30 – 40 minutes.
- * Supervise 'staff room' refreshment facilities.
- * Clean and tidy the 'staff room' at the end of the Carnival.

DUTIES OF STUDENT OFFICIALS

FALSE START ROPE STEWARDS

- * Take control of the false start rope when the Referee blows the whistle indicating the race is about to start.
- * In the event of a false start, which is signalled by the Starter firing a second shot or sounding the hooter, the Rope Stewards shall immediately lower the rope and hold it stretched tight on the surface of the water thereby preventing any competitor from continuing the race.

ANNOUNCER ASSISTANT

- * Duties as directed by the Announcer.

POOLSIDE RECORDER ASSISTANTS

- * Take duplicate copies of results from the Poolside Recorder to the Announcer and Computer Room before each event.
- * Take cumulative totals from the Computer Operator to the Announcer as required.

FINISH ASSISTANTS

- * Ensure that the first three place getters are taken to the Announcer.

REFRESHMENT ATTENDANTS

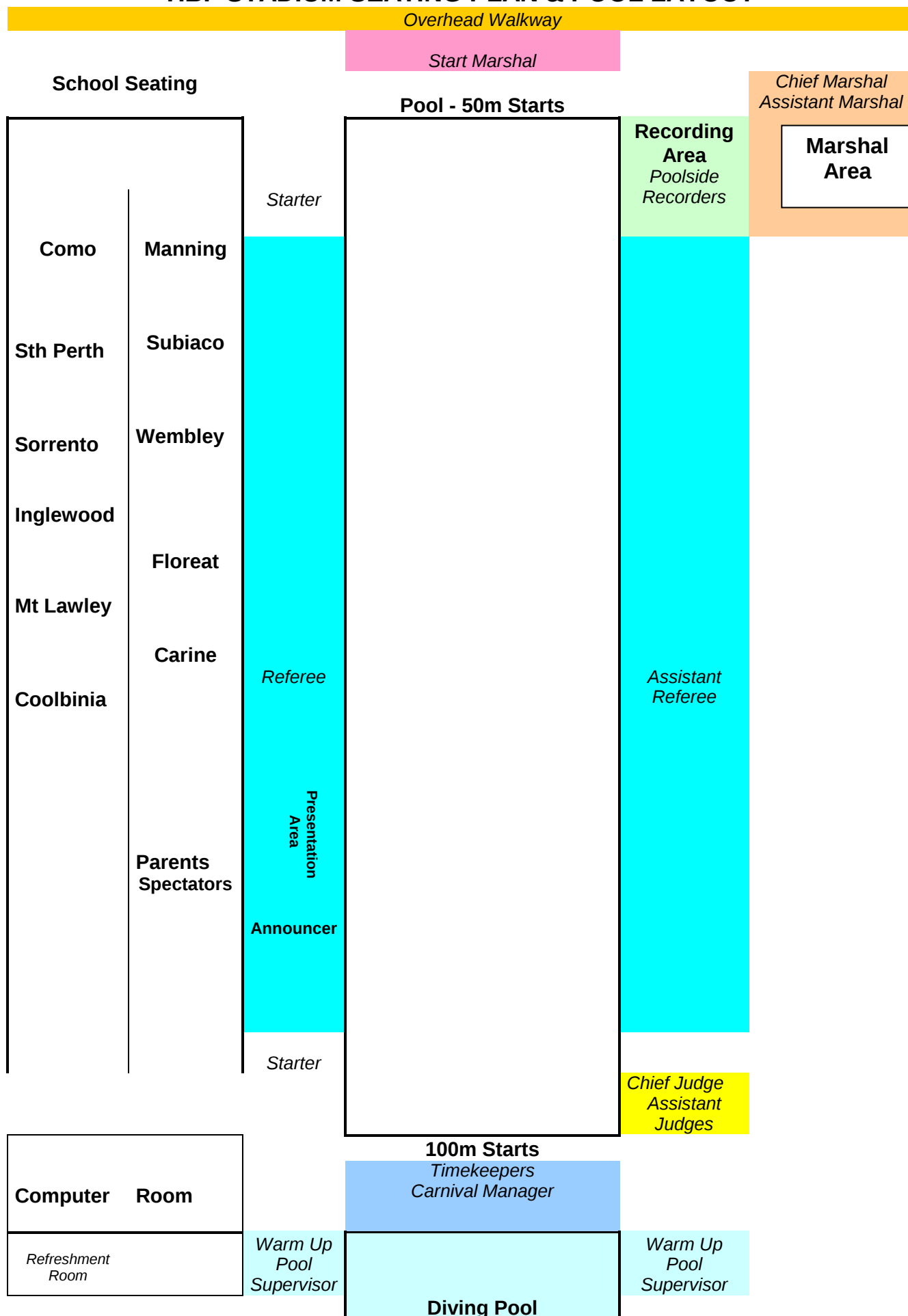
- * Ensure that all **officials**, both staff and students on the wet deck area, receive adequate refreshment during the Carnival. **(Non-slip shoes must be worn by these students).**
- * Remember to serve the officials in the recording and computer areas.
- * **Commence serving at 10.15am and offer service again at 12.00pm**
- * Keep the refreshment room tidy at all times.
- * Finish and clean up prior to the running of the relay events.
- * Students will be directed by the staff supervisor.

CARNIVAL MANAGER'S ASSISTANTS

- * Duties as directed by Carnival Manager.

ASSISTANT START MARSHALS

- * Duties as directed by the Starter.



STROKE TECHNIQUE AND RULES*

BACKSTROKE

- 1 The competitors shall line up in the water, facing the starting end, with both hands holding the starting grips. The feet should be placed firmly against the wall. The swimmer is not allowed to make any movement with any part of his body before the starting signal has been given. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
- 2 At the signal for starting and when turning they shall push off and swim upon their backs throughout the race, except when executing a turn as set forth in rule 4. The normal position on the back can include a roll movement of the body up to, but including 90 degrees from horizontal. The position of the head is not relevant.
- 3 **Some part of the swimmer must break the surface of the water through-out the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.**
- 4 When executing the turn there must be a touch of the wall with some part of the swimmers body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
- 5 Upon the finish of the race the swimmer must touch the wall while on the back.

Clarification:

The swimmer must swim upon their backs throughout the race, means that some part of the body must break the surface of the water throughout the race except that immediately after the start and after each turn the swimmer may be submerged for a distance of up to fifteen (15 Metres) metres from the wall.

BREASTSTROKE

- 1 From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- 2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- 3 Hands shall be pushed forwards together from the breast and shall be brought back on or under the surface of the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- 4 During each complete cycle, some part of the swimmers head shall break the surface of the water. After the start and at each the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward Butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal without alternating movement.
- 5 In the leg kick, the feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in 4. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. in the backward movement.

Movements in the form of a 'flutter kick' or 'dolphin kick' are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward movement in the form of a 'dolphin kick'.

- 6 **At each turn and at the finish of the race the touch shall be made with both hands simultaneously at, above or below the water level.** The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY

- 1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- 2 Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to rule 5.
- 3 All up and down movements of the legs must be simultaneous. The legs or feet need not be on the same level, but they shall not alternate in relationship to each other. A breaststroke kicking movement is not permitted. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs and feet need not be at the same level, but no alternating movement is permitted.
- 4 At each turn and at the finish of the race the touch shall be made with both hands simultaneously, at, above or below the water surface.
- 5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged.

FREESTYLE

- 1 Freestyle means that in an event so designated the competitor may swim any style, except that, in a medley relay or individual medley event, freestyle means any style other than backstroke, breaststroke or butterfly.
- 2 In freestyle turning and finishing, the swimmer can touch the wall with any part of his body. A hand touch is not obligatory.
- 3 Some part of the swimmer must break the surface of the water through-out the race, except it shall be permissible for swimmers to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

MEDLEY RELAY

In a Medley Relay, each team shall consist of four (4) members and the swimming stroke order shall be backstroke, breaststroke, butterfly and freestyle. Each section must be finished in accordance with the rules that apply to the style concerned.

RELAYS

In all relays the outgoing swimmer cannot leave the starting block until the incoming swimmer has contacted the pool end. **If a swimmer does leave before the incoming swimmer has contacted the pool end the team shall be disqualified.**

****The Referee will determine the level of leniency in applying the rules.**

HBF STADIUM - PARKING

HBF Stadium has made some changes to the main car park as well as the drop off / pick up zones.

These improvements aim to help provide a safe environment for all patrons to access the venue as well as ensuring smooth traffic flow.

For students being dropped off and collected by parents, please ensure that all parents are aware of the locations of the new drop off / pick up zones. Drop off / pick up zones are strictly 5 minutes only and drivers must remain with the vehicle at all times. These are the only areas where drop offs and pick ups are to occur.

- **Drop off / pick up zone 1:** located on the right hand side of the Stadium. Turn right at the roundabout and enter into the first entryway, following the loop around to exit via the roundabout.
- **Drop off / pick up zone 2:** located on the left hand side of the Stadium. Turn left at the roundabout and enter into the first entryway on the right.

At the conclusion of the carnival ALL students must be collected from the drop off / pick up zones.

Parking attendants will be on duty to direct traffic and we ask that all drivers follow their directions.

If you have any queries, please don't hesitate to contact Elise Ashton at elise.ashton@venueswest.wa.gov.au or 9441 8215.

Parents and spectators park in the HBF Stadium car park and enter the Stadium through the front entrance.

Buses

Schools are to make their own bus arrangements. The carnivals will commence at 9.45am sharp and finish no later than 2.20pm. Arrival no later than 8.45am is strongly recommended. It is essential that schools provide this information to their bus company/drivers and supervising staff so that the correct procedures are adhered to.

Buses will enter via Stephenson Ave, through the HBF Stadium car park and drop students in the AJ Pavilion car park and then students must make their way to the back gate (Gate C) of HBF Stadium. Students can then access the Aquatic Centre via the concourse. Students must be supervised during the entry to the centre.

Buses will be able to park in the AJ Pavilion parking area at UWA Sports Park.

All buses are asked **NOT** to wait on McGillivray Rd but in the AJ Pavilion parking area.

All buses are to leave the area through the Brockway Road exit.

Traffic wardens will be on duty to direct all buses.

No school groups should enter or exit via the main HBF Stadium entrance. Parents may enter this way.



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